

INTERNATIONAL YOGA DAY

24TH JUNE 2022 | 8:30 A.M

DEPARTMENT OF MANAGEMENT STUDIES
St. Teresa's College, Ernakulam

By: Guru Ranjit Sadanandan
Director

Cosmic Rhythm International School of Yoga



ST. TERESA'S COLLEGE
(AUTONOMOUS)
ESTD 1925



Yoga awakens the Mind